

## Golden Age News

203 Rohrs Street  
Napoleon, OH 43545  
419-599-5515

[www.henrycountyseniorcenter.com](http://www.henrycountyseniorcenter.com)



# Happy New Year

### Gratitude

As the new year begins,  
We reflect on all that's been.  
We give thanks for all we have,  
And the love that surrounds us like a  
glove.

We appreciate the little things,  
The joy that every day brings.  
We are grateful for our friends and  
family,  
And all the love that surrounds us  
constantly.

We look forward to all that's in store,  
And the memories we'll have in the  
future to explore.  
We give thanks for this new year,  
And all the love and joy that will be  
near.

# Henry County Senior Center

*"To empower and inspire older adults to  
thrive in all aspects of their lives"*

**JANUARY 2024**

Dear Seniors,

Happy New Year and welcome to 2024!! Hopefully everyone had a fun filled safe holiday season and are all prepared for some Ohio winter weather. Some may be reading this from your warmer winter home... we miss you...hope you have a great time and see you in a few months. January and February used to tend to be a little bit slower months for us at the Senior Center, but you will see that we are still offering lots of exercises, activities, and trips plus our daily meals.

But even with all those activities, when it comes to the weather, we like to make sure everyone stays safe when the conditions get bad. I will take this chance to remind you about our weather policy and why it is so important that we have your correct contact information in our data base, and also why we stress that you sign in and out each time you come to the center. If we feel the weather is too bad to open the senior center, we will put announcements on WNDH 103.1 FM radio, but we will also send out one of our calls from the center. We also use those calls when we need to only contact certain people, for example, when a fitness class is canceled, we can pull up anyone who has checked in for that class and have the call go out to only them. Client sheets need to be updated every couple years, please fill out a new one so we can confirm we have the most updated information on you. Thank you in advance!

Hope to see you all at the Senior Center!!

Penni Bostelman

Executive Director

### HOLIDAY EVENING MEAL 2023



# BIRTHDAYS

1 Elva Canales	7 Cheryl Shadday	15 Gary Hoffman	24 Donna Drewes
1 Carolyn Tussing	8 Joyce Sproul	15 Janet Meyer	24 John Sickmiller
1 Ella Huesca	8 Nora Junge	16 Christopher Coressel	24 Janice Fitzenreiter
1 Paula Siefer	8 Raymond Badenhop	16 Lois Creager	24 Pam Schwiebert
1 Suzanne Holman	8 Barbara Miller	17 Karen Howell	26 Lois Germann
1 Rebecca Horstman	8 Philip Ruby	17 Barbara Gray	26 Dora Feffer
1 Charles Smith	9 Deloris Drewes	17 Tom Atkinson	26 Rosalie Sauber
2 Marilyn Gordon	9 Karen Cain	17 Patricia Maassel	26 Samra Adams
2 Margaret Bishop	9 Diana York	17 Mike McCorkle	26 Thomas Plummer
2 Patricia Ross	9 Mary Relue	18 Sharon Bischoff	26 Caroline Lammers
2 Burdette Sunderman	9 Theodore Rellstab	18 Marsha Bennett	27 Angelita Callo
2 Mariade Rivera	9 Clarice Knipe	18 Carolyn Good	27 Kenneth Stewart
2 Cynthia Croninger	9 Linda Mann	18 James Thornton	27 Charles Piercefield
2 Sandra Stockhorst	9 Ruth Niese	19 Hobert Fitch	27 Roger Prigge
3 Ron Kieth Ward	9 Angela Bowen	19 Sheryl Behrman	27 Shirley Yantiss
3 Alice Moriarty	10 Janie Markins	19 Linda Dickey	27 Gerald Granger
3 Gary Myles	10 Eloise Griteman	19 Michelle Armstrong	27 Deb Hoops
3 John Ludlow	10 Karen Stein	20 Iona Burdue	28 Naomi Good
3 Kathy Higbea	10 Cathy Hefflinger	20 Paul Stockman	28 Bennie Dawson
3 Douglas Cobb	10 Karen George	20 William Peggs	28 Sharon Mason
4 Margaret Meyer	10 Jackie Badenhop	20 Wilma Spangler	28 Larry Blasingim
4 Mary Williams	10 Bill Whitney	20 Susan Eustace	28 Judith Cordes
4 William Rodi	10 Karolyn Harmon	20 Nancy Gray	29 Carolyn Wulff
4 John Golbinec	11 Marie Schnitkey	21 Orvil Benskin	29 Barbara Spitnale
4 Larry Woodring	11 Mildred Crumrine	21 Ruth Fuhrhop	29 Luann Worchuck
4 Pam Boyers	11 Barbara Burditt	21 Linda Betts	29 Linda Maxcy
5 Estella Fonseca	11 Jan Franz	21 Mary Green	30 Ann Sager
5 Paul Burkhardt	11 Darlene Reed	21 Marjorie Bowerman	30 Betty Baer
5 Nancy Iffland	12 Sally Greenham	22 Arlene Wetter	30 Linda McOscar
5 Larry Hesterman	12 Brenda Piasecki	22 Judith Gibson	30 Robert Griteman
6 Delores Rickerd	12 Linda Nelson	22 Stanley Wiemken	31 Harriet Schroeder
6 William Kimple	12 Pamela Russ	22 Marvin Barlow	31 Shirley Creps
6 Donald Steele	13 Melody Hoffman	22 Renee Freppel	31 Sandra Mason
6 Leonard Brewster	13 Tony Thompson	22 Deborah Carson	31 Michael Vary
6 Roger Bostelman	14 Melvin Moulton	22 Coleen Franz	31 Kenny Buchenberg
6 Mary Rohrbaugh	14 Margaret Yates	23 Doris Arnos	31 Cheryl Helberg
6 Edward Bevelhymer	14 Robert Moyers	23 Rebekah Schindler	31 AlecSandra
7 Zella Thompson	14 Donna Clausing	23 Marilyn Rinehart	Bihlmaier
7 Karen Bockelman	14 Frank Rosiak	23 Stanley Duval	31 Scott Haskill
7 James Gregory	14 Velmetta Moody	23 Janet Williams	31 Thomas Sunior
7 Marion Gulea	15 Karen Griggs	24 Sherry Krueger	
7 Audrey Nye	15 Deb Light	24 Harold Branham	

## DONATION WISH LIST

Postage Stamps,  
Chocolates,  
Candy,  
Reg. Coffee,  
Black Tea Bags,  
Antibacterial  
Wipes

## SOUP & CHILI COOK OFF

**Friday, February 9, 2024**

Calling out to all our amazing cooks, we need your help!  
Enter our SOUP COOK OFF. Winner will receive a prize and  
bragging rights for "best soup chef" of the year! You will  
need to sign up at the front desk by 2-5-24 to be entered into the competition.  
Soups will need to be in crock pots and be at the senior center by 11:00am on the  
day of judging. If not entering, come that day for our fun Super Bowl Party and  
help us judge the soups!



# Thank you FOR YOUR SUPPORT

## Thank You

Henry County Health Department  
HCSC Advocate Group  
Jane Crandall  
Immanuel Lutheran Church, Deshler  
St. Peter Lutheran Church, Holgate  
Dental Excellence  
Bridge Home Health/Hospice-Bingo Sponsor  
Vancrest Health Care Center-Bingo Sponsor  
Genacross Lutheran Services-Meal & Bingo Sponsor  
Northcrest Nursing & Rehab-Meal & Bingo Sponsor  
Frost Insurance-Birthday Bash Meal Sponsor  
Judy Morua & Paul Heddaeus-Food Box  
Becky Mansfield-Bingo Caller  
Napoleon Jr. High Drama Club-Alain Miller  
John Korak, Art Germann, Maryann Walden,  
Beth Cook, Norma Beck, Deb Hoops, Linda Nelson,  
Gaudalipe Flores

## Donations

Linda Dickey, Geri Holder, Holly Nguyen, Bonnie Martin, Gerry Imbrock, Frances Aderman, Betty Copland, Ann Kuckowski, Helen Witte, Connie & Roger Sells, Bette Lighthill, John & Mary Jane Kline

## Memorials

Fredrick Oberhaus by Gayla Rohrs

## Newsletter Mailing Volunteers

Marybeth McClure, Diana Rhodes, Beth Cook, Joan Hardesty, Becky Mansfield, Marg Abel, Linda Nelson, Lois Casper, Janet Meyer, Jan Franz, Janet Foxe, Jean Knipp, Jan Westhoven, Betty Marihugh

**Thank You to Linda Rettig & Paul Heddaeus** for all their countless hours in helping our seniors navigate through the Medicare process. We greatly appreciate you both!

## Saving Energy is Saving Money

Interested in saving money? The Office of the Ohio Consumers' Counsel (OCC) offers some energy-saving tips so that you can spend less on your utility bills. Lighting, heating, cooling, and major appliances account for almost all the energy used in an average home.

**Lighting** Consider choosing LED bulbs, they last longer and only use about 15 percent of the energy of traditional incandescent bulbs. Another way to save electricity is by turning lighting off when it is not in use.

**Heating** Reduce heat loss by sealing air leaks around doors and windows. Heat is also lost through bathroom and kitchen exhaust fans, so minimize the amount of time they are in use. Improve your furnace's efficiency by replacing air filters every 1-3 months, as noted in the owners' manual, and tune up your HVAC equipment yearly. Save on heating costs by turning your thermostat back 7-10 degrees F when you are away from home. Keep your thermostat set to 68 degrees F during the day and lower at night to save more. Use layered clothing, heavy blankets, or an electric blanket to stay warm.

**Increase Appliance Efficiency** You can reduce your home's energy usage and save money by changing how you use your appliances.

**Refrigerator** Consider cleaning the refrigerator coils every six months, so that the compressor does not have to work as hard. Additionally, minimize opening the door to keep cold air in. If you currently own two refrigerators, consider eliminating one or unplugging it when not in use. Updating your refrigerator to meet the new energy efficiency standards will cost around \$200 less per year in electricity than those produced in the 1980s. Look for the ENERGYSTAR logo when shopping for any new appliance.

**Water Heater** Keeping your water heater temperature at 120 degrees F is important to reduce excess heat loss from the tank. Higher temperatures can cause heat loss, while lower temperatures may lead to bacteria build-up. A tankless water heater could be a more energy-efficient choice if you don't consume much water. Apart from improving your water heater's efficiency, you can make some simple changes to reduce hot water usage. Start by repairing leaky faucets and installing energy-efficient showerheads and faucet aerators. To save water, you can also wash full loads in the dishwasher and washing machine. Consider using cold or warm water instead of hot water when doing laundry.

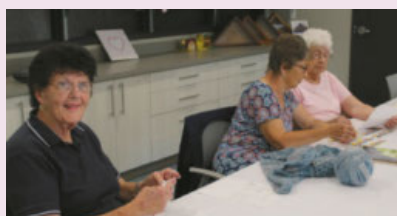
**Cooking Habits** Hosting guests can be challenging when trying to conserve energy in the kitchen. Try to bake multiple dishes at once, keep the oven door closed as much as possible, keep oven burners clean, and use the correct size burner for efficiency. Try using a microwave instead of an oven when possible.

**Avoiding Vampire Power** Vampire power is the electricity electronics use when plugged in but not in use, costing about \$165 year. Unplug devices with standby mode and use a smart power strip for convenience. This is crucial when on vacation as devices in standby mode can consume a lot of vampire power for an extended period.

**For More Information** To learn more about how you can make simple changes to lower your utility bills, please visit [www.occ.ohio.gov](http://www.occ.ohio.gov).



## LET YOUR CREATIVITY FLOW



### CROCHET & KNITTING CLASS

Offered on the 1st & 3rd Tuesday of the month in the Art Room at 11:00am. Come learn to make prayer shawls, baby blankets and more. All experience levels are welcome.



### INTRO TO WATERCOLORS WITH SHIRLEY

Class is offered on the 1st & 3rd Wednesday of the month at 10:00. Learn to paint with brushes, sponges and some not so traditional items. Registration for this class is appreciated.



### QUILTING WITH BETH

Come quilt on the 2nd & 4th Tuesdays of each month at 1:00pm to 3:00pm in the Art Room. Check out this class for beginners.



### CARD MAKING WITH DEB

Card class is on a short hiatus.  
The class is typically offered on the 2nd Thursday of the month at 10:30. Cost \$8.00  
Registration is required.

## EXERCISE CLASSES



**EXERCISE  
WITH CAROL**  
Mondays at 10:00  
Wednesdays at  
10:00

### CARDO DRUMMING

Tuesdays at 10:30  
with Emily  
Thursdays at 8:30  
with Video  
Fridays at 10:00  
with Video



Not able to attend Cardio Drumming in person....Check out our class on YouTube....Search...."Senior Cardio Drumming with Lisa"



**LINE  
DANCING  
WITH  
LINDA**  
Thursdays  
at 9:30

### BALANCE EXERCISE WITH ANN

Tuesdays at 1:00

### CHAIR YOGA VIDEO

Wednesdays at 12:45

### TAI CHI VIDEO

Fridays at 12:45



### ADVANCED PICKLEBALL

Mon, Wed & Fri  
8:00-9:45

### PICKLEBALL

Mon, Tues,  
Wed & Fri  
2:00-4:00



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Center Closed	2	3 Nat. Chocolate Covered Cherry Day	4	5 <b>SPONSORED MEAL</b> Nat. Bird Day
	8:00-9:00 Walking/Gym 10:30 Cardio Drumming 10:30 Bible Study 11:00 Crocheting 12:45 Advocate Mtg. 1:00 Balance Exercises 1:00 Hand & Foot 2:00 Pickleball	8:00-9:45 Adv Pickleball 10:00 Watercolors 10:00 Exercise/Carol 11:00 HCHD BP Checks 12:30 Cornhole 12:45 Chair Yoga Video 2:00 Pickleball 	8:00-8:30 Walking/Gym 8:30 Toenail Clinic \$10 8:30 Cardio Drumming 9:30 Line Dance/Linda 12:45 Euchre	8:00-9:45 Adv Pickleball 10:00 Cardio Drumming 11:00 Grief Group <b>12:00 Genacross Meal/BINGO Sponsor</b> 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball 
8	9 Nat. Law Enforcement Appreciation Day	10	11 <b>SPONSORED MEAL</b> Nat. Milk Day	12
8:00-9:45 Adv Pickleball 9:00 Manicures/Pedicures 10:00 Exercise/Carol 11:00 Mahjong 12:30 On the Road Again Meeting 2:00 Pickleball	8:00-9:00 Walking/Gym 10:00 Caregiver Group 10:30 Cardio Drumming 10:30 Bible Study 1:00 Balance Exercises 1:00 Quilt Class 2:00 Pickleball 	8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 10:00 Craft Class \$5 Registration Required 12:30 Cornhole 12:45 Chair Yoga Video 2:00 Pickleball	8:00-8:30 Walking/Gym 8:30 Toenail Clinic \$10 8:30 Cardio Drumming 9:30 Line Dance/Linda <b>12:00 Northcrest Meal/BINGO Sponsor</b> 1:15 Euchre 	8:00-9:45 Adv Pickleball 10:00 Cardio Drumming 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball
15 Center Closed	16	17	18	19 Nat. Popcorn Day
	8:00-9:00 Walking/Gym 10:30 Cardio Drumming 10:30 Bible Study 11:00 Crocheting <b>12:30 BINGO/Vancrest</b> 1:00 Balance Exercises 1:00 Hand & Foot 2:00 Pickleball	8:00-9:45 Adv Pickleball 10:00 Watercolors 11:00 Cancer Support 12:30 Cornhole 12:45 Chair Yoga Video 2:00 Pickleball	8:00-8:30 Walking/Gym 8:30 Cardio Drumming 9:30 Line Dance/Linda 10:30 Movie/Popcorn 12:45 Euchre	8:00-9:45 Adv Pickleball 10:00 Cardio Drumming 11:00 Grief Group 12:45 Tai Chi Video 2:00 Pickleball 
22 Nat. Polka Dot Day	23	24 <b>SPONSORED MEAL</b>	25	26 Nat Big Wig Day
8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 2:00 Pickleball Wear your polka dots! 	8:00-9:00 Walking/Gym 10:30 Cardio Drumming 10:30 Bible Study 1:00 Quilt Class 1:00 Balance Exercises 2:00 Pickleball	8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 11:00 HCHD BP Checks 11:30 Scavenger Hunt <b>11:45 BDay Bash-Frost Insurance</b> <b>12:30 BINGO/Bridge Home Health-Hospice</b> 12:30 Cornhole 12:45 Chair Yoga Video 2:00 Pickleball 	8:00-8:30 Walking/Gym 8:30 Toenail Clinic \$10 Holgate 8:30 Cardio Drumming 9:30 Line Dance/Linda 12:45 Euchre	8:00-9:45 Adv Pickleball 10:00 Cardio Drumming 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball 
29 Nat Kazoo Day	30	31 Nat Hot Chocolate Day	1	2 <b>SPONSORED MEAL</b>
8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 11:00 Mahjong 11:00 Book Club 2:00 Pickleball 	8:00-9:00 Walking/Gym 10:30 Cardio Drumming 10:30 Bible Study 1:00 Balance Exercises 2:00 Pickleball	8:00-9:45 Adv Pickleball 10:00 Exercise/Carol 12:30 Cornhole 2:00 Pickleball 	8:00-8:30 Walking/Gym 8:30 Toenail Clinic \$10 8:30 Cardio Drumming 9:30 Line Dance/Linda 12:45 Euchre	8:00-9:45 Adv Pickleball 10:00 Cardio Drumming 11:00 Grief Group <b>12:00 Genacross Meal/BINGO Sponsor</b> 12:15 Speaker-Dakota Stone from Alzheimer's Association 12:30 Cornhole 12:45 Tai Chi Video 2:00 Pickleball





# January 2024 Lunch Menu

Drive Through  
Congregate & MOW  
Suggested Donation  
\$3.00 (60 & over)

Dine-In for guests etc.  
(under 60)  
\$ 6.00

- Menu meal served daily 12:00 - 12:30 p.m. - **RSVP by 2:00pm the day before - 419-599-0033**. We cannot guarantee meals for those who do not RSVP.
- **MOW - PLEASE CALL 419-599-0033 BY 7:00 A.M. TO CANCEL OR CHANGE A MEAL.**
- To inquire about ingredient content, please call the Senior Nutrition program
- 2% Milk is served daily.
- Frozen Meals will be delivered to Meals on Wheels clients (at an earlier date) for the Holidays that the Senior Center is closed.
- **No eligible person 60 or over** shall be denied a nutrition service because of failure to contribute all or part of the suggested donation for that service. All donations are kept confidential.
- Turkey & Cheese Sandwich is available to replace main entrée of a meal.
- Chef Salad is available to replace a hot meal.
- **Menus may change due to availability of certain foods.**
- Drive through meals are available from 11:00 - 11:30 a.m. at the East side of the Senior Center Building KITCHEN DOORS on Monday, Tuesday, Thursday and Friday. Wednesday meal may be picked up on Tuesday.
- **Call the HCSC at 419-599-5515 to sign up for Meals on Wheels.**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Center Closed	2	3	4 Nat'l Spaghetti Day	5 Sponsored Meal
	Bratwurst Sauerkraut Mashed Potatoes Peas Peaches	Chicken Nuggets Mixed Vegetables Scalloped Potatoes Mandarin Orange Cup  Cong: Soup	Baked Spaghetti Italian Green Beans Fresh Salad w/ Ranch Dressing Peaches Garlic Bread	Egg, Bacon & Cheese Bake Sausage Patty Hashbrown Casserole Baked Apple
8	9 Nat'l Apricot Day	10	11 Sponsored Meal	12
Pork Chop w/ Gravy Scalloped Potatoes Stewed Tomatoes Applesauce Muffin	Chicken Parmesan Harvard Beets Red Skin Potatoes Apricots	Pulled Pork Sandwich Peas & Carrots Corn Nuggets Pear Cup  Cong: Soup	Johnny Marzetti (Goulash) Ranch Green Beans Garlic Toast Banana	Sausage Gravy over Mashed Potatoes California Blend Vegetables Grape Salad
15 Center Closed	16	17	18	19
	Baked Steak & Gravy Mashed Potatoes Brussel Sprouts w/ Bacon Bits Fruited Jell-O	Hot Chicken Sandwich Mac & Cheese Stewed Tomatoes Mixed Fruit cup  Cong: Soup	Pork Roast Steamed Carrots, Onions & Potatoes Coleslaw Mandarin Orange Salad Cornbread	Beef & Noodles Broccoli & Cheese Carrots & Celery Sticks Sunshine Salad
22	23	24 Sponsored Meal	25	26
Chip Beef Gravy Baby Baker Potatoes Peas Watergate Salad	Seasoned Chicken Breast Broccoli, Rice & Cheese Casserole Apple Waldorf Salad Fruit Juice	Sloppy Joe Sandwich Calico Beans Potato Rounds Peaches  Cong: Birthday Cake	Burrito Fiesta Corn Spanish Rice Fruited Jell-O  MOWS: Birthday Cake	Polish Sausage Green Bean Casserole Potato Salad Grapes
29	30	31 Hot Chocolate Day	1	2 Sponsored Meal
Breakfast Pizza Bagel Hashbrown casserole Baked Apples Cheese Cubes Cole Slaw	Beef Manhattan w/ Mashed Potatoes Buttered Corn Blushing Pears	Chicken Fingers Baked Beans Carrots Pineapple Cup Packet of Hot Chocolate Cong: Soup	Chili w/Saltine Crackers Winter Blend Vegetables Coleslaw Applesauce	Dinner Ham Sweet Potatoes Corn Orange Creamsicle Salad Cookie



HEAP is a federally funded program managed by the Ohio Department of Development. It is designed to help income eligible consumers with heating costs. For more information & to see if you qualify contact: Ohio Department of Development, Energy Assistance Program online at [www.energyhelp.ohio.gov](http://www.energyhelp.ohio.gov) Northwest Ohio Community Action Commission (NOCAC) 419-219-4641 is also available with help in the application process.

Dakota Stone, Program Coordinator from The Alzheimer's Association, Northwest Ohio Chapter will be here Friday, Feb.



2nd at 12:15. Dakota will give a short presentation on understanding the illness and the 10 warning signs of Alzheimer's Disease. Dakota will also be available before and after her presentation for questions. You may contact her directly at 567-302-3608.

### **2024 CLIENT REGISTRATION FORMS**

Check to see when you last filled out a registration form. We need an updated form every few years in order for you to continue to receive our newsletter by mail and for your name to appear on the birthday list. Registration forms are available at the front desk. **THANK YOU!**



### **BOOK CLUB**

If you would like to expand your horizons by reading books from different genres, please call and join our group! Next Book Club meeting is Monday, January 29th at 11:00am in the Conference Room.

NW Ohio Senior Services will once again be providing tax assistance at The Henry County Senior Center, to Henry County residents only. Call after January 16th to schedule your tax appointment.



### **MANICURES & PEDICURES**

Sheila Salinas, a licensed cosmetologist will be here on Monday, January 8th & Feb. 12th. Please schedule your appointment at the front desk, where you can also view a price list.

### **Valentine Wreath Class**

Wed, January 10th at 10:00am.

Registration is required by 1/8/23. Class size is limited to the first 8 people who sign up. Cost \$5.00



### **MONTHLY**

If you are interested in receiving a monthly food box, please come to the Senior Center & complete an application. The application will then be submitted for approval. After approval you will receive notification that a box has been designated for you. The food box can then be picked up at The Henry County Transportation Building at; 1805 Oakwood Avenue Napoleon from 10:30am to 11:30am on the fourth Wednesday of each month. Go to the back of the building by the loading docks. The next date for pick up is **Wednesday, January 24, 2024.**

### **TRANSPORTATION SERVICES**

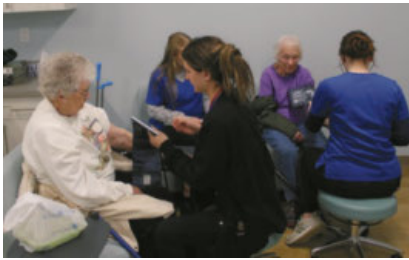
Transportation services are available through the Senior Center via the Henry County Transportation Network for transportation to the Senior Center and medical appointments

The HCTN requires a 24 hour advance notice for scheduling a trip in town and 48 hours for out of town appointments.

Please call  
419-592-8726  
to schedule  
your ride.







**Thank you to all who donated time, crafts & baked goods for the Holiday Bazaar! Your efforts are much appreciated!**



#### **GRIEF SUPPORT GROUP**

Losing a loved one can leave you feeling hopeless, lost, and alone.

This group offers you a chance to connect with others who are grieving and learn ways to cope with the many feelings associated with your loss. The January meetings will be held on Friday the 5th & 19th at 11:00am.

#### **CANCER SUPPORT GROUP**

Cancer is becoming a disease that seems to touch everyone in one way or another. If you or a loved one is currently battling cancer or the aftereffects of cancer treatment, this group is for you! The next meeting will be Wednesday, January 17th at 11:00am. The sessions are lead by Tiffany Day from The Henry County Health Department.



#### **CAREGIVER SUPPORT GROUP**

Our Caregiver Support Group meets on the second Tuesday of each month in the Conference Room. The overall goal of this group is to enhance caregivers' coping skills, through mutual support and information sharing. All are welcomed. Our next meeting will be held on Tuesday, January 9th at 10:00am.

#### **BIBLE STUDY**

Join our Bible Study Group, meetings are held every Tuesday at 10:30am in the Reflection Room. This group explores the Bible in a way to know God better. Through his words we come to know not only the nature and attributes of God, but we also come to understand his plan for each of us.



**Please call 419-599-5515 with any questions. Information shared is confidential.**





## On the Road Again...HCSC Travel for the 60+ Crowd

**REGISTRATION FOR A TRIP IS IN PERSON ONLY, AT THE HENRY COUNTY SENIOR CENTER. EACH TRIP HAS ITS OWN BEGINNING REGISTRATION DATE.**

Detailed flyers about the trips below, and flyers of newly planned trips, can be found in a notebook on the coffee table in the Senior Center lobby. Scholarship money available for some trips, please contact Executive Director

**Movie Day**- Thursday, January 11th / 1:00pm to 6:30pm. Cost: \$16 includes ticket and transportation to Phoenix Theater Defiance. Your meal will be at your own expense at Dark Horse Social Club. **Registration began in December.**

**Fulton Co. Welcome Center & Brown Bag Market**-Tuesday, January 16th / 11:00am to 5:00pm. Cost: \$17 includes transportation. Lunch will be at your own expense at Blue Ribbon Café. **Registration began in December.**

**Movie Day**- Tuesday, January 23rd / 11:30am to 5:00pm. Cost: \$15 includes ticket and transportation to Skye Cinema Wauseon. Your meal will be at your own expense at El Jarro. **Registration began in December.**

**Musical "Come From Away", Valentine Theatre** - Mon, Feb 5th / 3:30pm to 11:00pm. **TRIP FULL.**

**Toledo Art Museum**-Thursday, February 8th / 10:30am to 4:00pm. Cost: \$15 includes your transportation. Lunch will be at your own expense, at the Museum Cafe. **Registration began in November.**

**"Johnny Cash-The Official Concert Experience" Niswonger**-Sunday, February 18th / 1:00pm to 8:30pm. Cost: \$60 includes transportation and admission to the show. This show brings the songs and stories from the "Man in Black" to the stage once again. Dinner will be at your own expense at Orchard Tree in Van Wert after the show. **Registration began in November.**

**Country Singer "Sara Evans" Marathon Center** - Sat, Feb 24th / 3:30pm to 11:00pm. **TRIP FULL.**

**Musical "On Your Feet" based on the music & life of Gloria Estefan, Niswonger** - Sunday, March 3rd / 3:30pm to 11:00pm. Cost: \$64 includes ticket and transportation. We will have an early dinner at Smoke-E's in Kalida, at your own expense. **Registration began in December.**

**Thrift Shop Hop**-Tuesday, March 19th / 9:00am to 5:00pm. Cost: \$25 includes transportation. We will make thrift store stops in Ypsilanti, Saline & Adrian. Lunch will be at Beezy's in Ypsilanti, at your own expense. **Registration begins January 5th.**

**Comedian "Jay Leno" Live, Niswonger** - Sat, March 23rd / 3:30pm to 11:00pm. Cost \$88 includes ticket and transportation. We will have an early dinner at Dick's Steak House in Kalida, at your own expense. **Registration began in December.**

**Branson, Missouri**- April 15th-20th. Cost \$979 per person based on double occupancy. Includes 5 Nights Lodging, 5 Breakfasts, 3 Dinners, 6 Fabulous Live Shows, Guided Tours of the Branson Area, Shopping, Baggage Handling, Motor Coach Transportation and MORE. \$500 down at registration, \$479 due March 5th. **Registration is on going & filling up fast.**



- When going on trips, Please park by the grass hill and leave the parking spaces closest to the buildings for other participants. Thank you!
- Due to banking expenses we will now be charging a \$3.00 check processing fee for all trip refunds. No fee will be charged for us to hold a credit on a future trip. Thank You for your understanding!

**THRIVE  
LOCALLY**



**National Church Residences**

**RIVERVIEW TERRACE**

An Enriched, Independent Lifestyle  
120 East Maumee Avenue, Napoleon, OH 43545  
Over 62 and need a place to thrive? Picture the possibilities of your new, worry-free lifestyle at Riverview Terrace.

**\*Affordable \*Peaceful \*Independent**  
senior living option puts your dreams within your reach.

*Let us take care of many of the hassles of life that may have become overwhelming, allowing you to be free to thrive.*

**Phone: 419-592-4343**



**Diane Harmon**  
Realtor®

**REISER**

REALTY LLC

219 W. Clinton St.

Napoleon, OH 43545

Office: 419-592-3741

Cell: 419-966-1864

Email: buzzdkh@gmail.com



**Henry County Hospital Family Medical Care**

is now **Primary Care**

Accepting new patients. | Call to schedule an appointment.



419-592-1071  
HenryCountyHospital.org

HENRY COUNTY HOSPITAL  
**PRIMARYCARE**



**Henry County  
Transportation  
Network**

**419-592-8726**

Ohio Relay Number:  
1-800-750-0750

**f Find us on Facebook!**

1805 Oakwood Avenue - Napoleon, OH 43545

**Office Hours**

Monday - Friday

8:00 a.m. - 4:00 p.m.

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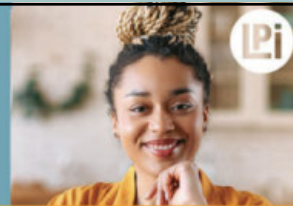
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Finance Director, Sarah Erb

Program Director, Ann Like

Receptionist, Angie Thomas

Custodian, Peg Adams

Exercise Instructors: Carol Gerken Lones, Emily Beck

Volunteer Dance Instructors: Linda Warren, Kerri Wilde

Volunteer Art/Craft Instructors: Deb Buttler, Beth Cook, Shirley Starr

Volunteers/Assistants: Dick Beck, Beth Cook, Jan, Franz, Art Germann, Karen Germann, Paul Heddaeus, Betty Marihugh, Donna McGhee, Linda Rettig, Rita Small, Deb Wensink

Bus Drivers: Randy Barnes, Jim George, Suzanne Holman, Thom Hornish, Donna McGhee



#### SENIOR NUTRITION PROGRAM.....419-599-0033

Senior Nutrition Manager, Sandy Schlosser

Senior Nutrition Head Cook, Vicky Badenhop

Assistant Cooks: Holly Pitchford, Gayla Rohrs, Maggie Thomas

Dish Room: Bill Hatcher, Don Hill

Volunteer Kitchen Assistants: Judy Hoffman, Jeanette Okuley

Meals on Wheels Drivers: Rick Arps, Jerry Buchenberg, Kenny Buchenberg, Jordan Kline, Carla Lambert, Jayne Myers, Gayla Rohrs, Martin Verni, Mike Whitman



The Henry County Senior Center is funded by: Henry County Senior Levy, Donations, The Area Office on Aging of Northwest Ohio, & HCSC Advocates.